

## From the Kitchen of Troutville's Baker Queen

By Tammie Frate



### Pumpkin Pancakes

Serves about 4

- |                           |                        |
|---------------------------|------------------------|
| 1 cup whole wheat flour   | 2 tsp baking powder    |
| 2/3 cup all-purpose flour | 1/2 tsp salt           |
| 1 tsp ground cinnamon     | 1/4 tsp ground nutmeg  |
| 1/4 tsp ground ginger     | 2/3 cup canned pumpkin |
| 2 eggs, separated         | 1 cup milk             |
| 2 tsp melted butter       | Maple syrup, heated    |

In a small mixing bowl, stir together flours, baking powder and salt. In a large bowl, beat together pumpkin, spices, egg yolks, milk and butter. Stir in flour mixtures. Beat egg whites until they hold firm peaks – fold them into the batter.

Ladle about 1/4 cup of batter at a time onto a pre-heated, lightly greased griddle.

Bake until bubbles appear on the surface, then turn and bake the other side until lightly browned. Serve with warm maple syrup.

## Senior Moments

### 91 Year Old Troutville Man Gets a “Spike” Buck

Deer hunting on the family property north of Fincastle has been a tradition for Vernon Lucado and his family for many years. This year the hunt included his grandson, Anthony Howard, his 6-year old great grandson, Brian Howard (who is still “in training”), Jessie Howard (Anthony’s Dad) and Edward Howard (Anthony’s Uncle).

The day began with everyone piling into Anthony’s Polaris Ranger, which was bought specifically for their hunting expeditions. They then stopped to eat sardines for lunch at the truck (another tradition) before proceeding.

In the early afternoon, Mr. Lucado got the “Spike”. It was checked in at the “Old Mill”. Several people there commented on the age of the hunter, and most were envious of his trophy.

Mr. Lucado will be 92 in March. Anthony says that he has hunted with his grandfather and Clarence Hipes (now deceased) for over 25 years.

### Congratulations Vernon!!



## 2009 Upcoming Calendar of Events

### “FIRST FRIDAYS WITH FRIENDS”

1<sup>ST</sup> FRIDAY OF EVERY MONTH @ 6:00PM  
POMEGRANATE RESTAURANT

### LADIES EXERCISE CLASS (JANUARY THRU APRIL)

TUESDAYS & THURSDAYS – 5:30PM-6:30PM  
TOWN HALL

### CLEAN UP TROUTVILLE DAY

SATURDAY, APRIL 4 – 9:00AM–12:00PM  
VARIOUS LOCATIONS IN TOWN

### COMMUNITY FLEA MARKET

SATURDAY, APRIL 18 – 8:30AM–2:00PM  
TOWN PARK

### NATIONAL DAY OF PRAYER

THURSDAY, MAY 7 – 12:00PM  
TOWN PARK

### SENIOR DINNER & RAGTIME TUNES

SATURDAY, MAY 23  
TOWN HALL

### PARTY IN THE PARK

SATURDAY, SEPTEMBER 12  
TOWN PARK

### “MAYOR DAY”

DATE - TBA

### Quoteable Quote

“With every ending, there is a new beginning.”

*Anonymous*

## Another 1<sup>st</sup> for Troutville

By Jan Smith

A live Christmas tree outside Town Hall was decorated with snowflakes and apples on Wednesday, December 3, 2008. The snowflakes were placed by loved ones who had purchased them in honor/memory of 70 relatives or friends. The occasion was attended by 38 adults and children.

Our Mayor, Bill Rader, obtained the tree and prepared it for the final decorations. He also had the honor of lighting the tree while those in attendance sang Christmas carols led by Dottie Henry. Light refreshments were served inside Town Hall.

The *Sunshine Girls* and *Friends of the Park* appreciate all those who volunteered to stay after the event and finish hanging the snowflakes for those who were unable to attend.

Proceeds from this evening will be utilized for future community activities.

For more information on the “Friends of the Park”, contact -

TROUTVILLE Tidbits  
P.O. Box 276  
Troutville, VA 24175  
540/819-6335  
www.TownofTroutville.com